

Name \_\_\_\_\_ Social Security # \_\_\_\_\_  
 Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_ Employer \_\_\_\_\_  
 Email address \_\_\_\_\_

Professional Certification	License #	State
_____	_____	_____
_____	_____	_____
_____	_____	_____

Mail to: Nebraska Methodist College Professional Development, 720 N. 87th St., Omaha, NE 68114 Interoffice mail: B

Phone: (402) 354-7100 or (800) 793-3965, extension 7100 Fax: (402) 354-7120 Online: visit our Web site, [www.methodistcollege.edu](http://www.methodistcollege.edu), or e-mail [pam.mills@methodistcollege.edu](mailto:pam.mills@methodistcollege.edu)

**NEBRASKA  
METHODIST  
COLLEGE**  
 THE JOSIE HARPER CAMPUS  
 720 N. 87th Street.  
 Omaha, NE 68114

Professional Development

2006  
 Nebraska Licensee Assistance Program  
 Annual Workshop  
*Alcohol/Drug Addiction  
 and the Health Service  
 Professional*  
**RELAPSE PREVENTION**



Friday, May 19, 2006

8:30 a.m. – 4 p.m.  
 W. H. Thompson Alumni Center  
 (on UNO campus)  
 6705 Dodge Street  
 Omaha, NE

**NEBRASKA LICENSEE  
 ASSISTANCE PROGRAM**  
 A SERVICE OF BEST CARE EAP

**NEBRASKA  
 METHODIST  
 COLLEGE**  
 THE JOSIE HARPER CAMPUS

# Overview

The Nebraska Licensee Assistance Program (NE LAP) was created in 1992 by Nebraska Statute to provide assistance for Nebraska health service professionals experiencing alcohol/drug abuse or addiction. The NE LAP provides alcohol/drug diagnostic and recovery assessments, treatment recommendations and referrals, case management and monitoring, and education services.

Annually the NE LAP presents an educational workshop on an alcohol/drug addiction topic to further the knowledge and skills of Nebraska health service professionals and those who work with them. This year's workshop will be on relapse prevention.

Health service professionals battling alcohol or drug addiction face unique professional and personal challenges to a healthy recovery. Developing coping strategies and relapse prevention skills to effectively meet these challenges is critical. Relapse prevention focuses on the skills and tools needed to maintain self-esteem and sobriety and ensure a healthy and permanent recovery from addiction.

The featured speaker will be Bob Newton, MS, CADAC. Bob has worked in the addictions field for nineteen years as a counselor, educator, and administrator. He has presented numerous educational seminars to diverse populations regarding prevention, intervention, treatment, relapse and recovery. He has provided direct treatment services to health care professionals, including physicians, dentists, pharmacists, nurses and others.

# Objectives

## Participants will be able to:

- Identify the signs and features of sobriety and a healthy recovery from addiction
- Identify the signs and features of alcohol/drug addiction relapse
- Describe the alcohol/drug addiction relapse risk factors for health service professionals
- Outline the skills and tools needed by health service professionals to prevent relapse
- Review the personal relapse issues and recovery story of a Nebraska health service professional
- Describe the Nebraska Licensee Assistance Program's services, including how to access and utilize these services

# Agenda

8:30 a.m.	Registration
9 a.m.	Opening/Introductions - <i>Bob Thome, MSW, LCSW</i>
9:15 a.m.	Nebraska Licensee Assistance Program - <i>Judi Leibrock, MHR, LPC, LADC</i>
9:45 a.m.	A Recovery from Addiction - <i>Anonymous</i> <i>Health Service Professional</i>
10:15 a.m.	Break
10:30 a.m.	Signs and Features of a Healthy Recovery - <i>Bob Newton, MS, CADAC</i>
11:45 a.m.	Lunch (on your own)
1 p.m.	Signs and Features of Addiction Relapse - <i>Bob Newton, MS, CADAC</i>
2:15 p.m.	Break
2:30 p.m.	Relapse Prevention Strategies - Skills and Tools - <i>Bob Newton, MS, CADAC</i>
3:45 p.m.	Question & Answer/Closing

# Presenters

**Judi Leibrock, MHR, LPC, LADC**, is the program Coordinator for the Nebraska Licensee Assistance Program (NE LAP). She is responsible for the assessments, treatment referrals, case management and monitoring, and education services of the NE LAP.

**Bob Newton, MS, CADAC**, currently works at the Betty Ford Center in Palm Desert, California as an inpatient counselor for their Residential Day Treatment program where doctors, nurses, and others receive addiction treatment.

W.H. Thompson Alumni Center  
6705 Dodge St.  
Omaha, NE  
(on UNO Campus)

*Free parking available in all lots*

# General Information

## Cost

No registration fee. This activity is supported, in whole or part, under contract with the Nebraska Department of Administration Services, from licensee/certificate holder/registrant fees paid to the Nebraska Department of Health and Human Services Regulation and Licensure.

## Registration Confirmation

To confirm registration, call (402) 354-7100 or (800) 793-3965, extension 7100.

## Credit

**In order to obtain contact hours or CEUs for a continuing education event, participants are expected to attend the entire event and return a completed evaluation. Each professional is accountable to understand their accrediting/licensing body's standards and requirements. The definitive source of information on continuing education requirements is your state or national regulatory board.**

**CME-Category I:** Nebraska Methodist Hospital is accredited by the Nebraska Medical Association Commission on Medical Education to sponsor continuing medical education for physicians. The Nebraska Methodist Hospital designates this educational activity for a maximum of 5 credits in category I credits toward the AMA Physician's Recognition Awards. Each physician should claim only those hours of credit that he/she actually spent at the educational activity.

**Nurses:** 6 contact hours awarded. Nebraska Methodist College is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited provider by the American Nurses Credentialing Center's Commission on Accreditation. Code #NE04-07C4.

**Nebraska Social Workers and Mental Health Practitioners:** This offering meets the continuing education criteria for 5 clock hours.

**Credit pending for Nebraska Drug and Alcohol Counselors, Dentists, Veterinarians and Nursing Home Administrators.**

**Education Hours:** 5 education hours awarded. Nebraska Methodist College Continuing Education assigns education hours based on 60 minutes of classroom instruction for each offering. Participants may utilize these for their professional continuing education hours and toward relicensure if so approved within the standards and guidelines of the discipline.

## Cancellations/Weather/Emergencies:

If the program is cancelled, attempts will be made to notify participants within five (5) working days. For weather cancellations or emergencies, call (402) 354-7100 or (800) 793-3965.